



Instant Pot Air Fryer Keto Coconut Shrimp

Active Time: 10 minutes | **Total Time:** 20 minutes | **Serves:** 4

Nutrition Information Per Serving

513.3 calories, 7.79 g carbohydrate, 4.58 g fiber, 3.21 g NET carbs, 44.26 g protein, 35.38 g fat

Ingredients

- 8 Tbsp(s) Pork Panko
- 1 pound wild shrimp, peeled and deveined
- 1 large eggs
- 1/2 cup(s) coconut flour
- 1/2 cup(s) unsweetened coconut flakes
- 1/4 tsp(s) sea salt
- 1/8 tsp(s) freshly ground black pepper
- 1 Tbsp coconut oil, melted

Preparation

1. In a small shallow bowl, add the eggs and whisk to combine. In another shallow bowl, combine the coconut flour, coconut flakes, crushed pork rinds, salt, and pepper in a separate shallow bowl.
2. One at a time, dip the shrimp into the beaten eggs, then into the coconut flour mixture. Place the prepared shrimp in the air fryer basket in a single layer.
3. Drizzle or spray the shrimp with half the oil.
4. Cook at 370 degrees for 4 minutes per side.
5. Flip the shrimp, drizzle or spray the remaining oil and cook 4 minutes more to golden brown.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.